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Weight watchers - gezond koken in een handomdraai Weight Watchers,2012-10-18 In slechts 15 min een gezond gerecht op tafel toveren Het k n Gezond koken kun je leren Het is zelfs niet zo moeilijk Bovendien kost het niet meer tijd en hoeft het zelfs helemaal niet duurder te zijn In het tweede Weight Watchers boek van deze reeks tonen we je hoe je met een minimum aan ingredi enten en in een mum van tijd een gezonde verzadigende en vooral lekkere maaltijd op tafel kunt toveren We geven je een hele resem tips om het koken sneller en gemakkelijker te laten verlopen Met een goede planning spring je ver ook in de keuken De recepten in dit boek zijn allemaal gezond lekker n snel klaar Je volgende maaltijd is klaar in een handomdraai

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Watchers,2011-12-24 Uitgebalanceerde recepten voor iedereen Gezond koken is een kunst op zich Dit bijzondere kookboek van Weight Watchers toont je stap voor stap hoe je het aanpakt Zowel doorwinterde hobbykoks als beginnelingen kunnen er heel wat van opsteken Meer dan 80 eenvoudige recepten helder ge llustreerd die perfect passen in een evenwichtig voedingspatroon In een oogopslag zie je welke ingredi enten je nodig hebt en in welke hoeveelheden Alle gerechten van voorgerecht tot dessert worden stap voor stap uitgelegd in woord n beeld De recepten zijn over het algemeen eenvoudig maar vaak ook verrassend en altijd bijzonder smakelijk Lichte en originele gerechten zoals kippenspiesje met rozemarijn tagliatelle met courgette gerookte schelvis met citroentijm en chocoladenotentaart Met ProPoints indicatie en aangevuld met nuttige tips Gebruik dit boek om elke dag een gezonde en smakelijke familiemaaltijd op tafel te zetten of om te koken voor feestelijke etentjes met vrienden en familie We wensen je alvast veel kookplezier Complete Diabetics' Cookbook Wendy Silver,1993

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